

# Heathgate Medical Practice



You may already have heard of the excellent non-medical information and advice that Age UK Norfolk offers to local people, which is now available face to face at our Poringland surgery.

Age UK Norfolk is a countywide independent charitable organisation with over 65 years of experience dedicated to promoting and improving the well-being of people over 65.

In an attempt to create greater links with the organisation, an Age UK Norfolk adviser is in our Poringland Practice every Tuesday morning between 9.30am and 12.30pm to meet patients who may benefit from the information and advice the charity offers. The adviser will be offering one to one sessions and is hoping to arrange some group sessions on particular issues.



The adviser is an expert on issues relating to people, with the aim of making older people's lives a fulfilling and enjoyable experience. So what can the Age UK Norfolk adviser offer?

- **General information** and advice on older people's issues.
- **Care home finder service** – provide advice and support for people considering a move to residential care either permanently, for respite or day care.
- **Money matters** – support older people with the day to day management of household finances and paperwork.
- **Bereavement advice service** – practical advice and support to older people recently bereaved.
- **Benefits advice service** – help and advice about entitlements and benefits for older people and their carers.
- **Lasting Power of Attorney (LPA) advisory service** – assist with completing the forms and explain the registration process.
- **Advocacy service** – Age UK provides independent advocates to help older people speak up for themselves and assert their rights when decisions are being made that affect their lives.

If you would like to meet with the adviser, please contact our reception team and they will either book you an appointment or arrange for the adviser to call you and discuss your needs. Our doctors and nurses may suggest you arrange to see or speak with the adviser if they feel there is the need or that the support from them will, in the long run, help your health and well-being.

The contact number for Age UK Norfolk when they are not in surgery is **0300 500 1217** or you can E Mail [advice@ageuknorfolk.org.uk](mailto:advice@ageuknorfolk.org.uk)